

**Riverwalk Natural Health Clinic**  
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**February is National Heart Health Month**

Heart disease is the #1 killer in both men and women. There are many things that can be done to prevent heart disease. No your numbers get your blood pressure checked regularly an ideal blood pressure is 120/70. Blood pressures can be checked at your doctor's office, pharmacies and even grocery stores. Get your cholesterol checked; make sure your total cholesterol is less than 200, HDL (good cholesterol) 60 or higher is ideal and LDL (Bad cholesterol) should be around 100. Blood pressure and cholesterol can be treated using dietary and lifestyle changes. Decrease the saturated fats and sugars in your diet, exercise regularly and reduce your stress levels.

Other lab tests to check include C - reactive protein and Homeocysteine levels these tests check for inflammation in the body and inflammation causes heart disease. Blood sugar and triglycerides are other tests that should be checked regularly an ideal blood sugar is 85. Too high of a blood sugar is an indication of diabetes which causes heart disease.

Individuals with a low risk for heart disease have normal blood pressure and cholesterol, don't smoke, have a normal body weight, have no family history of heart disease, eat healthy and exercise.

Ways to lower your risk for heart disease include decreasing saturated fats and sugars in your diet, exercise regularly and reduce your stress levels. Have fun with friends and family members on a regular basis, laugh everyday and try not to take yourself so seriously.